

Why should I tell my partners?

Your partners need to know they have been exposed to HIV because:

- *They need to get tested to find out if they have HIV.*
- *If they do have HIV, they can get health care and medicines that may help them stay healthier longer.*
- *They can learn how to protect others from HIV by practicing safer sex and not sharing needles.*
- *Pregnant women with HIV can take medicine that will help protect their babies from the virus.*
- *If it turns out that your partners are not infected, they can get information that will help them learn how to stay uninfected.*



PNAP lets you give your partners this important information at no cost and no risk to yourself.

Even if you choose not to provide your doctor or PNAP counselor with the names of your partners, you should still tell your partners they are at risk for HIV.

PNAP is:

Convenient and
Confidential

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Helpful

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Safe

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Free

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Important for you
and your partners

**To learn more
about PNAP, call
1-800-541-AIDS**

**In New York City,
call CNAP at
(212) 693-1419**

We can work together to help stop the spread of HIV



PNAP

**Helps People with HIV
Stop the Virus**



If you've tested positive

for HIV (the AIDS virus), there's a Health Department program you

should know about – PNAP. PNAP stands for PartNer Assistance Program. In New York City, the program is called CNAP, or the Contact Notification Assistance Program. Your partners are people who have been exposed to HIV during sex with you or by sharing needles with you to shoot drugs (even insulin or steroids) or for piercing or tattooing. If you are married, your spouse is a partner. Sometimes partners are called contacts. PNAP helps you find the best way to let your partners know they need to get an HIV test.

PNAP Options

A PNAP counselor will work with you and your doctor to help you decide whether to:

- *Have the PNAP counselor tell your partners for you without revealing your identity*
- *Tell your partners with the help of the PNAP counselor or your doctor, or*
- *Tell your partners yourself.*

PNAP is always available to help you with partner notification decisions. You can contact PNAP for assistance at any time you decide it might be right for you to begin notifying partners.

PNAP is:

Convenient

Your doctor can make an appointment for you with a PNAP counselor. Or you can call PNAP yourself toll-free by calling 1-800-541-AIDS. In New York City call CNAP at: (212) 693-1419. Also, a PNAP counselor may contact you after talking to your doctor to offer to help you tell your partners. PNAP services are available across New York State to anyone with HIV or AIDS. These services are available at any time, not just when you first find out you have HIV.

Confidential

This information is strictly *confidential*. If you choose to have the PNAP counselor or your doctor tell your partners for you, your name will never be given to your partners. They are simply told that they have been exposed to HIV and should be tested. Your partners will never be given any information about you – not even whether you're a man or a woman.

Free

There is no cost for PNAP or CNAP.



Helpful

If you decide to work with PNAP, a counselor will meet with you to help you plan how to tell your partners. If you

want to do it yourself, the counselor will help you practice what to say. The counselor can be with you to help you tell your partners. If you want the counselor to tell your partners without your being there, he or she will ask for information that will help find them. Even if your partners have moved to another state, PNAP can still reach them. Usually the counselor will find your partners and talk to them within a week or two of your meeting. If you've been reported to the Health Department as having HIV, a PNAP counselor may get in touch with you or your doctor to see if you need any help telling your partners.

Safe

The PartNer Assistance Program has years of experience working with the partners of HIV positive clients. Counselors' skills and training prepare them for dealing with partners who may be angry and upset. Your counselor will help you decide which way of telling your partners is the best and safest for you. If telling your partner will seriously affect your health or safety or the health and safety of someone close to you, talk to the PNAP counselor. Partner notification will not happen at that time, and the counselor will help you get any services and care you need to deal with the abusive situation.